



SISTERHOOD MANIFESTO



I will root for your success and joy, and see your wins as my own.

When I am jealous or envious, I will seek to access gratitude for the inspiration you offer, remembering that there is enough for everyone.

I will see your innate beauty, brilliance, power and capability, even when you can't see it in yourself. I will reflect it back to you when you need reminding.

I will listen to your desires and encourage your courage.

Sisterhood supports sovereignty. I will not attempt to fix you because you are not broken. Instead, I will see your wholeness and support you from the understanding that you are wise and capable. You've got this, and we've got you.

I will put my ear to your heart and listen carefully when I am with you, even if my mind is noisy. Hearing you will be part of my spiritual practice.

I will seek to stay present and grounded when you are expressing uncomfortable emotions. I will ask how I can support you.


I will stand in the truth that vulnerability is a sign of strength.

I will not share your secrets or speak badly of you to others.

I will recognize that the things I judge in you are showing me the places I hold a lack of compassion, and are access points to deeper healing within me.

I will honor our friendship as valuable, no less than the other relationships in my life.

I will seek to make time for you, even when I think I am too busy.



When you share things about your life, I will not make them about me or my life. We are each on our own journey.

As we move through different stages of our life, I will appreciate the unique gifts you bring to our relationship.

I will not claim any ownership over you, and will seek to celebrate new friendships and relationships in your life.

I will honor that our relationship may change over time, and regardless of how much we're communicating, I will wish you well.

If I am upset with you, I will be accountable for my own feelings, and will recognize that my emotional triggers are access points to self-love.


I will constantly deepen in love and compassion towards myself, and invite you to do the same.

Instead of closing my heart to you when I am upset, I will open my heart, even when it's hard.

I will tend to my own self-care and create the space I need for myself.

I will communicate my needs and desires without attachment to you fulfilling them.

If I am used to struggling in silence, I will practice reaching out in the spirit of not being sad alone. I will trust that this is not a burden to you, but rather a gift for all of humanity. I will allow sisterhood to be my salve, and will invite you to do the same.



I will take responsibility for my own life, asking for support when I need it but not holding expectations of you. I will give both of us room to make mistakes, and be messy and imperfect.

If I am fearful of connecting with women, I will not turn that fear into a judgment of all women.

I will honor that there are many ways to express as a woman. I will celebrate your unique expression.

I will honor that we are all “real women”, no matter what our shape or size.

I will not make your age, weight gain, weight loss, relationship status, fertility, sexuality, choice to have children or not, successes or struggles mean anything about you or me.

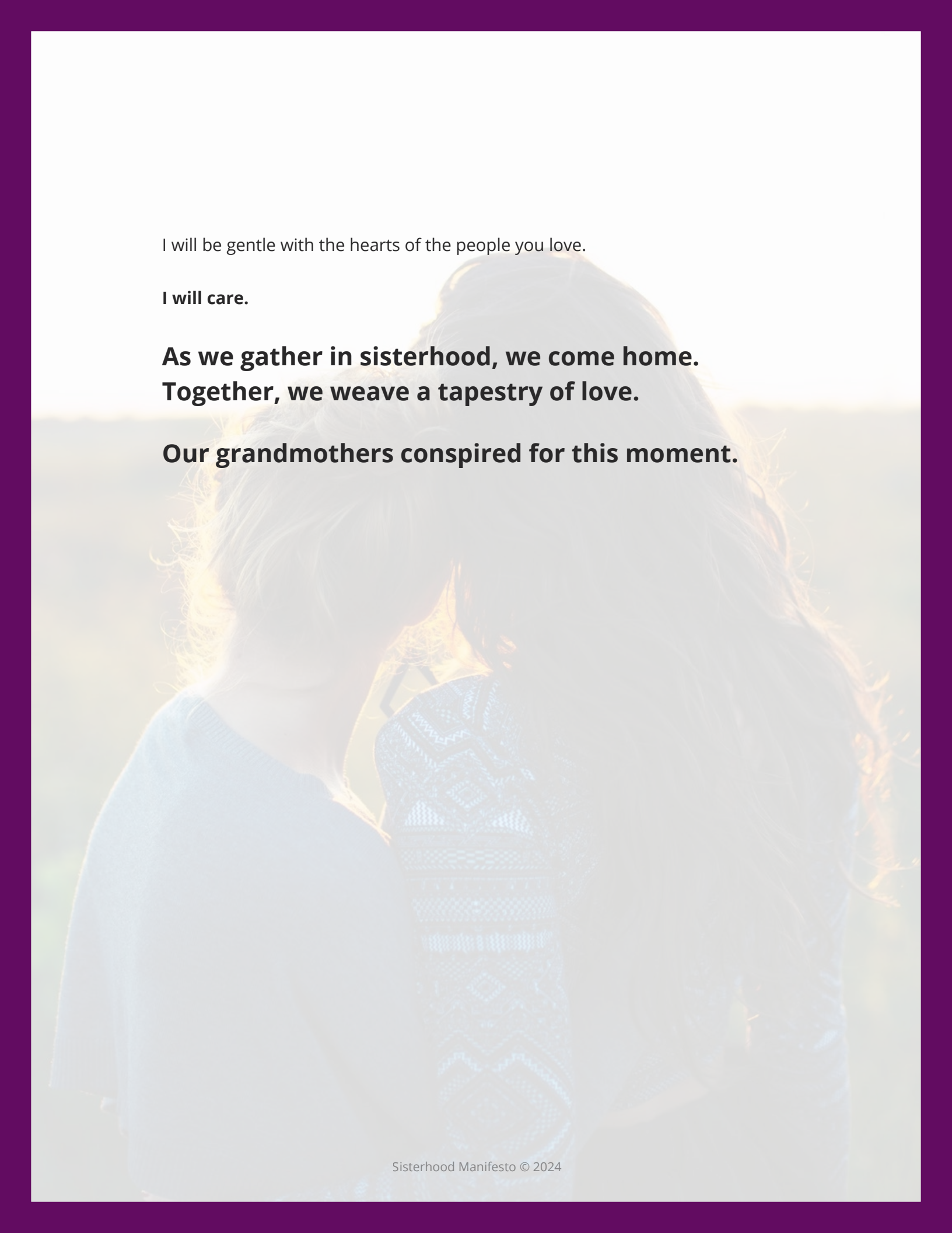
I will honor that girls are not less than women, and that all ages have great wisdom to bring to the world. Every age is beautiful and can be challenging.

I will have compassion for and speak kindly of all women and girls, and see all as my sisters.

I will have compassion for and speak kindly of men and boys. We are all having a human experience, finding our way.

I will stand beside my sisters and brothers, never against men, as we are all one.

I will be gentle with your heart, seeing you through eyes of love.



I will be gentle with the hearts of the people you love.

I will care.

**As we gather in sisterhood, we come home.
Together, we weave a tapestry of love.**

Our grandmothers conspired for this moment.



#SisterhoodDay

SisterhoodDay.com

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